For Youth Development
For Healthy Living
For Social Responsibility

RULES/FORMAT – 2026 1ST ANNUAL ORTHMAN COMMUNITY YMCA RALLY IN THE VALLEY YOUTH VOLLEYBALL TOURNAMENT

The YMCA Core Values are: RESPECT, RESPONSIBILITY, CARING, AND HONESTY! Participants (coaches/players) shall RESPECT themselves, teammates, coaches, the opposing team, spectators, volunteers and officials. Please be RESPONSIBLE, CARING & HONEST before, during & after games!

Equipment/Court Specifications

- 3rd/4th Gr. Division
  - 7' nets. Volley-Lite volleyballs. Serve line is 15' from net (normal end line is still the 'out' line for rest of gameplay).
- 5th/6th Gr. Division
  - 7' nets. Volley-Lite volleyballs. Serve line is 6' from the end line (normal end line is still the 'out' line for rest of gameplay).
- 7th/8th Gr. Division
  - 8' nets. Standard volleyballs. Standard court dimensions.

Roster: Maximum of 18 players & 3 coaches per team. Players must play in their grade classification (exception: younger players may participate in older divisions.) Players can play on only one team in the tournament.

Divisions: 3rd – 8th Grade. We reserve the right to combine two grades if necessary to complete a division.

Game Format/Information/Rules:

- If a division has five or more teams, a 3-game guarantee bracket will be used. The team at the top of the bracket is the HOME team.
- If a division has four teams, a round robin will be played, where every team will play the other three teams once. After the final standings are determined, the top two teams will play a 1st/2nd place game.
- Teams need to arrive1 hour before the scheduled start time of their game (teams playing at 8am, please arrive by 7:30am at the latest). **GAMES WILL START AS EARLY AS 30 MINUTES BEFORE SCHEDULED START TIME, IF POSSIBLE.** 30 minutes prior to the scheduled game start time = forfeit time. If a team is not present to play one of their scheduled games, the opposing team is granted a forfeit win, which counts as one of the guaranteed games for both teams.
- Warm-up time will be '2-2-1' before every game.
- Teams that aren't playing will be scheduled to officiate games. The brackets will display which teams will officiate each game (this will include side referees, line judges & scorekeepers).
  - Please bring your own whistles & line judge flags.

    - As many adults (coaches/parents) as possible should help officiate and keep score.
- No line-up/roster is necessary. Please use the honor-system and sub legally with whatever method you use (continuous center back position or regular substitution)
    - Libero (if used) must have a different color jersey/shirt.
- Rock-Paper-Scissors to determine serve/side. TEAMS WILL STAY ON THEIR SIDE FOR THE ENTIRE GAME.
- All games will be best 2 out of 3 sets. Every set will start with 7 points for each team.
    - The first two sets will go from 7 to 25, with a cap of 30.
    - If the game reaches a 3rd set it will go from 7-15, with a cap of 20.
- Teams will have one 1-minute timeout per set. 1-minute break between sets.
- In the 3rd/4th Gr. Division only, there will be a max of 5 serves in a row for a team before there will be a 'side-out' and the other team will be awarded service.
- **All other NFHS rules will apply.**

Injuries: Tournament participants are responsible for their own safety. All participants play at their own risk and acknowledge this via signed team waiver if they engage in gameplay.

Player/Coach/Spectator Conduct: Cursing/vulgar language and excessive aggression **WILL NOT BE TOLERATED** before, during, or after a game. Players/coaches/spectators will receive **TWO** warnings before being ejected from the facility. YMCA staff will have sole discretion to determine length and type of suspension resulting from dangerous/foul play or any other type of player/coach/spectator misconduct. **Challenging anyone to a physical confrontation will result in permanent expulsion from the YMCA**. Spectators, please be respectful when cheering.

Questions can be directed to Sports Director Daniel Holbrook (dholbrook@orthmanymca.org), OR CALL 308-324-1970.